

I. AMENDMENTS TO THE CLAIMS

Claims 1 to 6. (Canceled)

Claim 7. (Previously Presented) A method for increasing fat catabolism in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid and garcinol.

Claim 8. (Previously Presented) A method for increasing fat catabolism in a subject in need of such effect comprising administering to said subject a fat catabolizing effective amount of hydroxycitric acid and anthocyanin.

Claim 9. (Currently Amended) ~~A method for increasing fat catabolism in a subject in need of such effect comprising administering to said subject a~~ The method of claim 7, wherein the fat catabolizing effective amount of hydroxycitric acid, garcinol and of hydroxycitric acid and garcinol further comprises anthocyanin.

Claims 10 and 11. (Canceled)

Claim 12. (Previously Presented) The method of claim 7, wherein the hydroxycitric acid is extracted from fruits of *Garcinia* sp. with organic solvents.

Claim 13. (Previously Presented) The method of claim 7, wherein the garcinol is extracted from fruits of *Garcinia* sp. with organic solvents.

Claim 14. (Previously Presented) The method of claim 8, wherein the anthocyanin is extracted from fruits of *Garcinia* sp. with organic solvents.

Claim 15. (Previously Presented) The method of claim 9, wherein the hydroxycitric acid (HCA), garcinol and anthocyanin are extracted from fruits of *Garcinia* sp. with organic solvents.

Claim 16. (Previously Presented) The method of claim 7, wherein the hydroxycitric acid is extracted from fruits of *Garcinia* sp. by CO₂ supercritical extraction.

Claim 17. (Previously Presented) The method of claim 7, wherein the garcinol is extracted from fruits of *Garcinia* sp. by CO₂ supercritical extraction.

Claim 18. (Previously Presented) The method of claim 8, wherein the anthocyanin is extracted from fruits of *Garcinia* sp. by CO₂ supercritical extraction.

Claim 19. (Previously Presented) The method of claim 9, wherein the hydroxycitric acid, garcinol and anthocyanin are extracted from fruits of *Garcinia* sp. by CO₂ supercritical extraction.

Claims 20 to 28. (Canceled)

Claim 29. (Previously Presented) The method of claim 8, wherein the hydroxycitric acid is extracted from fruits of *Garcinia* sp. with organic solvents.

Claim 30. (Previously Presented) The method of claim 8, wherein the hydroxycitric acid is extracted from fruits of *Garcinia* sp. by CO₂ supercritical extraction.

Claim 31. (Previously Presented) The method of claim 7, wherein the fat catabolizing effective amount of hydroxycitric acid and garcinol also increases lean body mass.

Claim 32. (Previously Presented) The method of claim 8, wherein the fat catabolizing effective amount of hydroxycitric acid and anthocyanin also increases lean body mass.

Claim 33. (Previously Presented) The method of claim 9, wherein the fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin also increases lean body mass.

Claim 34. (Previously Presented) The method of claim 7, wherein the fat catabolizing effective amount of hydroxycitric acid and garcinol also promotes weight loss.

Claim 35. (Previously Presented) The method of claim 8, wherein the fat catabolizing effective amount of hydroxycitric acid and anthocyanin also promotes weight loss.

Claim 36. (Previously Presented) The method of claim 9, wherein the fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin also promotes weight loss.

Claim 37. (Previously Presented) The method of claim 7, wherein the fat catabolizing effective amount of hydroxycitric acid is 500 mg.

Claim 38. (Previously Presented) The method of claim 7, wherein the fat catabolizing effective amount of garcinol is 25 mg.

Claim 39. (Previously Presented) The method of claim 8, wherein the fat catabolizing effective amount of hydroxycitric acid is 500 mg.

Claim 40. (Previously Presented) The method of claim 8, wherein the fat catabolizing effective amount of anthocyanin is 10 mg.

Claim 41. (Previously Presented) The method of claim 9, wherein the fat catabolizing effective amounts of hydroxycitric acid, garcinol and anthocyanin are 500 mg, 25 mg, and 10 mg respectively.

Claim 42. (Previously Presented) The method of claim 7, wherein the percentage of garcinol in the fat catabolizing effective amount of hydroxycitric acid and garcinol ranges from 0.01% to 10% relative to hydroxycitric acid.

Claim 43. (Previously Presented) The method of claim 9, wherein the percentage of garcinol in the fat catabolizing effective amount of hydroxycitric acid, garcinol and anthocyanin ranges from 0.01% to 10% relative to hydroxycitric acid.